



## Family Matters – You Are Not Alone!

### What Is Drug Addiction?

Addiction is a chronic brain disease that causes a person to compulsively seek out drugs, despite the harm they cause. The first time a person uses drugs, it's usually a free choice they've made. However, repeated drug use causes the brain to change which drives a person to seek out and use drugs over and over, despite negative effects such as stealing, losing friends, family problems, or other physical or mental problems brought on by drug use—this is addiction.

### How Do I Know if Someone Has a Drug Problem?

There are questions people can ask to gauge whether or not a person has a drug problem. These may not mean that someone is addicted, but answering yes to any of these questions may suggest a developing problem, which could require follow-up with a professional drug treatment specialist. These include:

1. Have you ever ridden in a car driven by someone (including yourself) who had been using alcohol or drugs?
2. Do you ever use alcohol or drugs to relax, to feel better about yourself, or to fit in?
3. Do you ever use alcohol or drugs when you are alone?
4. Do you ever forget things you did while using alcohol or drugs?
5. Do family or friends ever tell you to cut down on your use of alcohol or drugs?
6. Have you ever gotten into trouble while you were using alcohol or drugs?

### Are There Effective Treatments for Drug Addiction?

Yes, there are treatments, but there is no cure for drug addiction yet. Addiction is often a disease that is long-lasting (sometimes referred to as chronic). As with other chronic diseases, like diabetes or heart disease, people learn to manage their condition. Scientific research has shown that 13 basic principles are the foundation for effective drug addiction treatment. Find out more in [\*NIDA's Principles of Drug Addiction Treatment: A Research-Based Guide\*](#) or from [\*Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide\*](#).

### Types of Treatment

Treatment will vary for each person, depending on the type of drugs used and the person's specific circumstances. Generally, there are two types of treatment for drug addiction:

- **Behavior change**, in which people learn to change their behavior
- **Medications**, which can help treat addictions to some drugs, such as tobacco, alcohol, heroin, or other opioids

### Length of Treatment

Like diabetes and even asthma, drug addiction typically is a long-lasting disorder. Most people who have become addicted to drugs need long term treatment and, many times, repeated treatments—much like a person who has asthma needs to constantly watch changes in medication and exercise. The important point is that even when someone relapses and begins abusing drugs again, they should not give up hope. Rather, they need to go back to treatment or change their current treatment. In fact, setbacks are likely. Even people with diabetes may go off their diet or miss an insulin injection, and their symptoms will recur—that's a cue to get back on track, not to view treatment as a failure.

## Motivation for Treatment

Most people go into drug treatment either because a court ordered them to do so or because loved ones wanted them to seek treatment. The good news is that, according to scientific studies, people can benefit from treatment regardless of whether or not they chose to go into treatment.

## What should I do if someone I know needs help?

If you, or a friend, are in crisis and need to speak with someone now, please call:

- **National Suicide Prevention Lifeline at 1-800-273-TALK** (they don't just talk about suicide—they cover a lot of issues and will help put you in touch with someone close by).

If you need information on treatment and where you can find it, you can call:

- **Substance Abuse Treatment Facility Locator at 1-800-662-HELP** or visit [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov).

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**You can save a life with Narcan training.** This free training is offered at the Council for Prevention, 10 Lacrosse Street in Hudson Falls. It is held on the third Wednesday of the month from 3 pm – 4 pm. Residents can learn how and when to administer the lifesaving antidote that can reverse the fatal effects of an Opioid overdose and save a person's life. Learn the signs and symptoms of heroin and opioid overdose. Learn how to use Naloxone (Narcan) to respond to an overdose. Each individual will receive an Intranasal Naloxone kit as part of the training. Please register for this training by contacting Amanda West at 518-746-1527.

**The NARANON Family Groups** Addiction is a family disease. It affects the relationships of those close to the addict: parents, spouses, siblings, children, longtime friends, and employers. If someone's addiction is affecting you, first you must help yourself. Nar-Anon is a twelve step support group for families and friends of addicts. There are no dues or fees to join. Just come to a meeting. You will hear others, who are going through similar problems, talk about how they cope and find recovery.

**The family support groups listed are non-denominational.**

<b>MONDAYS AT 7PM - BALLSTON SPA – New Hope Group</b> First Presbyterian Church 22 West High Street, Ballston Spa, NY 12020 Call Cathy at (518) 944-1196 Email: <a href="mailto:newhope-info@delmartian.com">newhope-info@delmartian.com</a>	<b>TUESDAYS AT 7PM - COLONIE – Never Alone Group</b> Colonie Christian Life Center 31 Vly Road, Albany, NY 12205 Call Ellen at (518) 436-5859 Email: <a href="mailto:neveralone-info@delmartian.com">neveralone-info@delmartian.com</a>
<b>WEDNESDAYS AT 7PM - DELMAR – Steps to Serenity Group</b> Delmar Reformed Church 386 Delaware Avenue, Delmar, NY 12054 Call Darla at (518) 505-5682 Email: <a href="mailto:stepstoserenity-info@delmartian.com">stepstoserenity-info@delmartian.com</a>	<b>WEDNESDAYS AT 7PM - GLENS FALLS – Steps to Hope Group</b> Pine Knolls Alliance Church 614 Gansevoort Road, South Glens Falls, NY 12803 Call Judy at (518) 796-0694 Email: <a href="mailto:stepstohope-info@delmartian.com">stepstohope-info@delmartian.com</a>
<b>THURSDAYS 7PM - MECHANICVILLE - Journey of Hope Group</b> St. Luke's on the Hill 40 McBride Road, Mechanicville, NY 12118 Call Julie Ann@ 365-1261 or Email <a href="mailto:journeyofhope-info@delmartian.com">journeyofhope-info@delmartian.com</a>	<b>Mondays 6PM –TICONDEROGA - New Beginnings</b> The Drug Prevention Center 173 Lord Howe Street, Ticonderoga, NY 12883 Call 518-585-7424 or email <a href="mailto:team@preventionteam.org">team@preventionteam.org</a>